

Week of June 25th-30th

**Wednesday, June 25th**

Chicken Tortilla Soup  
Carne Asada with Rice and Beans  
Pineapple Coleslaw  
Fruit Cocktail

**Thursday, June 26th**

Split Pea Soup  
Armenian Chicken and Rice Pilaf  
Broccoli and Cauliflower  
Pita Bread  
Garden Salad  
Fresh Grapes

**Friday, June 27th**

Fish or Pork Chop  
Barley Pilaf  
Carrots  
Romaine Salad with Mandarin Orange  
Pumpkin Cake

**Saturday, June 28th**

Cream of Mushroom Soup  
Roast Chicken and Brown Rice  
Mixed Vegetables  
Broccoli Slaw  
Fresh Apple

**Sunday, June 29th**

Sheppard Beef Pot Pie  
Mashed Potato Topping  
Spinach and Mushroom Salad  
Citrus Cup

**Monday, June 30th**

Pulled BBQ Pork Sandwich  
Mashed Potatoes  
Carrots and Corn  
Garden Salad  
Cinnamon Apple Sauce

**Recipe of the Month!**



**Healthy Hearty Chicken Salad**

8 cups torn greens  
1 fresh mango  
1 lb. grilled chicken breast  
1 cup seedless grapes cut in half  
1/2 cup light raspberry  
vinaigrette dressing.

Cover platter with greens and  
top with remaining ingredients.  
Simple salad to get you through  
the dog days of Summer.

**Community Services and Parks Department**

**Serving Meals at Three Locations:**

• **Adult Recreation Center/Central Park Complex**

201 E Colorado St

Glendale Ca 91205

818 548 3775

Lunch Served: 7 days a week!

• **Sparr Heights Community Center**

1613 Glencoe Way

Glendale Ca 91208

818 548 2187

Lunch Served: Monday– Friday

• **Pacific Park Community Center**

501 S Pacific Ave

Glendale Ca 91204

818 548 3775

Lunch Served: Monday, Wednesday & Friday

*Please remember to reserve or cancel  
your meal at least one day in advance.  
Menu is subject to change without  
notice.*

Community Services and Parks Department will  
provide reasonable accommodations toward the  
inclusion of all participants. Please notify us of your  
needs at the time of reservation.



*Senior Café*

**JUNE 2014  
MENU**



Telephone Reservations or  
Cancellations call:  
Adult Recreation Center/Central at  
(818) 548-3775

Week of June 1st-6th
<p><b><u>Sunday, June 1st</u></b>            Swedish Meatballs and Noodles            Broccoli and Carrots            Romaine Lettuce and Tomato Salad            Fresh Grapes</p> <p><b><u>Monday, June 2nd</u></b>            Lentil &amp; Black Bean Soup            Chicken Waldorf Salad            Orange Shredded Carrot Gelatin Salad            Wedge of Fresh Cantaloupe</p> <p><b><u>Tuesday, June 3rd</u></b>            Chicken Tortilla Soup            Super Grande Burrito            Mixed Vegetables            Broccoli Slaw            Fresh Orange</p> <p><b><u>Wednesday, June 4th</u></b>  <i>"Birthdays of the Month"</i>            Wedding Soup            Chicken Parmigiana with Spaghetti            Green Beans and Carrots            Pineapple Coleslaw            "Birthday Cake"</p> <p><b><u>Thursday, June 5th</u></b>            Beef and Broccoli Stir Fry            Peas and Onions            Marinated Cucumber &amp; Tomato Salad            Fresh Grapes</p> <p><b><u>Friday, June 6th</u></b>            Fish or Egg Puff            Steamed Broccoli            Fresh Yam            Tossed Green Salad            Flavored Yogurt</p>

Week of June 7th-12th
<p><b><u>Saturday, June 7th</u></b>            Beef Stew in Vegetables in Stew            Spinach and Mandarin Orange Salad            Corn Bread            Pumpkin Cake</p> <p><b><u>Sunday, June 8th</u></b>            Tomato Soup            Hot Turkey Sandwich            Mashed Potatoes            Normandy Vegetables            Three Bean Salad            Fresh Banana</p> <p><b><u>Monday, June 9th</u></b>            Minestrone Soup            Beef Lasagna and Garlic Bread            Broccoli            Green Salad            Fresh Orange</p> <p><b><u>Tuesday, June 10th</u></b>            Butternut Soup            Turkey Sub Sandwich &amp; Potato Salad            Chinese Cabbage Salad            Apple Crisp with Oatmeal Topping</p> <p><b><u>Wednesday, June 11th</u></b>            Vegetable Soup            Luleh Kebab and Basmati Fluffy Rice            Creamed Spinach            Confetti Coleslaw            Lavash Bread            Fresh Apple</p> <p><b><u>Thursday, June 12th</u></b>  <i>"Father's Day Celebration"</i>            BBQ Beef Brisket &amp; Browned Potatoes            Corn on the Cob            Citrus Salad on a Leaf of Lettuce            Chocolate Ice Cream</p>

Week of June 13th-18th
<p><b><u>Friday, June 13th</u></b>            Fish or Pork Chop            Baked Sweet Potato            Peas and Carrots            Spinach and Mandarin Orange Salad            Cup Juicy Plums</p> <p><b><u>Saturday, June 14th</u></b>            Lentil Carrot Soup            Pepper Steak &amp; Noodles            Zucchini and Tomatoes            Broccoli with Raisin Salad            Cantaloupe &amp; Honeydew Medley</p> <p><b><u>Sunday, June 15th</u></b>            Spinach Quiche            Brown Rice            Broccoli and Cauliflower            Caesar Salad            Flavored Yogurt</p> <p><b><u>Monday, June 16th</u></b>            Vegetable Soup            Cobb Salad &amp; Salad Fixings            Orange Gelatin with Shredded Carrot            Cup Juicy Pears</p> <p><b><u>Tuesday, June 17th</u></b>            Chicken Noodle Soup            New England Pot Roast            Oven Roasted Red Potatoes            French Cut Green Beans            Citrus Fruit on a Leaf of Lettuce            Brownie</p> <p><b><u>Wednesday, June 18th</u></b>            BBQ Chicken &amp; Red Beans and Rice            Steamed Broccoli            Tossed Green Salad            Fresh Strawberries</p>

Week of June 19th-24th
<p><b><u>Thursday, June 19th</u></b>            Italian Meatballs with Spaghetti            Zucchini and Corn            Spinach and Mushroom Salad            Cup Juicy Peaches</p> <p><b><u>Friday, June 20th</u></b>            Cream of Cauliflower Soup            Fish or Chicken Picatta            Barley Pilaf            Baked Winter Squash            Marinated Three Bean Salad            Cantaloupe Wedge</p> <p><b><u>Saturday, June 21st</u></b>            Tomato Soup            Tuna Salad with Salad Fixings            Macaroni Salad            Confetti Coleslaw            Butterscotch Pudding</p> <p><b><u>Sunday, June 22nd</u></b>            Herb Chicken and Baked Yam            Mixed Vegetables            Caesar Salad            Banana</p> <p><b><u>Monday, June 23rd</u></b>            Meatloaf with Spanish Sauce            Mashed Potatoes &amp; Green Beans            Cucumber Tomato Salad            Vanilla Ice Cream</p> <p><b><u>Tuesday, June 24th</u></b>            Vegetable Soup            Ortega Chili Quiche &amp; Brown Rice            Coin Carrots and Corn            Tossed Green Salad            Fresh Orange</p>